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Our students and alumni make us proud to share in their milestones, celebrate with them, laugh with them, or cry with them when needed. [Read the milestones](#) your fellow students and alumni have shared with us and we hope you'll share your life with us too!





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Join Us in the APUS Mascot Search

The search is still on! APUS is continuing the search for a university mascot and we still need your help. What do you think best represents our University? Do you envision one symbolic figure that represents both AMU and APU or two unique mascots? [Watch the comical video](#) and leave your comments/input to help us end this search!

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New University Events Calendar

Mark your calendars! APUS is excited to announce the launch of our University Events calendar! Now you can visit a central location to track and learn about upcoming events, open houses, conferences, virtual Web casts, and other news and events at APU and AMU! Visit our [University Events calendar](#) and search by school, event type, or keyword. If you have any questions about a specific event or calendar occurrence, please contact events@apus.edu.

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Former NASA Astronaut Joins APUS Faculty

Jim "JR" Reilly, Ph.D., has joined American Public University System as dean of the School of Science and Technology. Dr. Reilly will manage seven program areas in the School, including Math, Space Studies, Environmental Science, and the development of future programs. For more information on Dr. Reilly, [click here](#) to read more about Dr. Reilly.

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Test Drive Courses Before you Register!

In the December edition, we told you that archived syllabi were available for graduate students to view before they register for courses. Now, thanks largely to our Student Support Services Team, undergraduate are able to take advantage of the same benefit. Graduate and undergraduate students can now find sample syllabi of our undergraduate and graduate courses in our online library.

To review a syllabus, students should access the online library via their classroom, click on the Tutorial and Studies Center link, and there you will find a link for syllabus archives.

There are some important things students should remember when looking for a syllabus. First, the course syllabi are arranged by academic school and syllabi for newly offered courses are not yet available. Students should never purchase any course materials or complete any course work until they have received the official syllabus for their course. In 2010, APUS will be working hard to keep archived syllabi current. However, students should know that syllabi posted might not include information pertinent to their specific professor or session.

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The International Relations Department Adds the Human Factor

The International Relations department is pleased to announce a new concentration in Globalization and Human Security. What is human security and why is it important? Human security has only recently emerged in discourse within the field of international relations. This paradigm describes the complexity of interrelated threats associated with individual and communal vulnerabilities. This encompasses civil war, genocide, poverty, hunger, environmental destruction, and the displacement of populations. The UN divides human security into these areas: economic security, food security, health security, environmental security, personal security, community security, and political security.

According to the UN:

Today, human security is increasingly included in the agendas and the policy debates of intergovernmental and regional organizations such as the G7/G8, the African Union, the Association of South East Asian Nations, and the European Union. At the same time, a growing number of governments, non-governmental and civil society groups have also incorporated human security into their programme and policy priorities. Meanwhile, within the UN, the recent report of the UN High Level Panel on Threats, Challenges and Change, A more secure world: Our shared responsibility and the report of the UN Secretary-General, In larger freedom: towards development, security and human rights for all, continue to acknowledge the fundamental importance of human security to the promotion of peace and security.

There are dozens of universities offering specific courses on human security, including The Fletcher School of Law & Diplomacy, University of Tokyo, and Royal Roads University of Canada. There are an increasing number of human security conferences being held, as well as the growing number of books that are being published which focus on the topic. Likewise, the recent International Studies Association conference (New York, NY: 2009), the largest gathering of international relations scholars in the world, had seven panels and more than 25 papers that focused on human security.

It is clear that human security is an emerging field and APUS is on the cutting edge by offering both a course designed specifically around this emerging paradigm and a concentration in Globalization and Human Security. If you are interested in viewing this curriculum, you can review our International Relations degree program, along with the concentration in Globalization and Human Security by accessing the [AMU Undergraduate Catalog](#) or the [APU Undergraduate Catalog](#). If you have questions about this or any of our degree programs, please contact one of our student advisors at advising@apus.edu.

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What is AMU Radio?

[AMU Radio](#) is a dedicated streaming radio station for American Military University.

Filled with a delightful mix of adult contemporary music and scheduled programming.

It showcases faculty who are experts in their fields. AMU Radio is the 24/7 Internet voice of AMU!



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Student and Alumni Affairs News

NACElink Brings Job Opportunities and Employer Networking

The Office of Career Services at American Public University System (American Military University | American Public University) is excited to announce the launch of the APUS NACElink network. The NACElink network is a national recruiting network and suite of Web based career services tools serving the needs of colleges, employers, and job candidates, allowing students and alumni the ability to connect with employers, and manage their career service needs. The NACElink Network, already utilized by over 800 schools across the U.S., is a completely safe and secure platform for students seeking employment. NACElink users can search job and internship announcements, upload their resume and cover letter and apply for positions posted by employers that have partnered with APUS. Additional features of NACElink allow users to participate in our virtual career fairs, attend information sessions, and easily consult APUS' Career Service staff about career opportunities.

To register, visit the [student login page](#) in NACElink. Once you are an approved user, login to NACElink and begin completing your profile. Enter information about your academic history, past employment experiences, and set your privacy preferences. Also, feel free to upload your resume by clicking on the "Documents" tab and then clicking on "Add New." If you would like to have your resume reviewed before uploading it to NACElink, please contact the Office of Career Services by e-mailing resumehelp@apus.edu. To search for jobs being offered by APUS-partnered employers, click on the "Jobs" tab and then click on the "APUS Sponsored Jobs" link located on the dropdown menu. To search NACElink's extensive jobs database for additional employment opportunities, click on the "Jobs" tab and then click on the "NACElink Network Jobs" link located on the dropdown menu. If, after reviewing NACElink, you have any questions, please do not hesitate to contact a member of our Career Services staff by e-mailing NACElink@apus.edu.

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Inaugural Honor Society and Organization Recognition Ceremony

The Office of Student Affairs is preparing to hold its inaugural Honor Society and Organization Recognition Ceremony at 5:00 p.m., on Thursday, May 20, 2010 at the Sheraton National Hotel in Arlington, Virginia. The ceremony will be an opportunity to honor the accomplishments of graduates who participated in an approved honor society or student organization while studying at APUS.

Invitations are extended to the Class of 2010 graduates, who are current members of any APUS approved honor society or student organization, that will be participating in the ceremony. The Class of 2010 includes the following conferrals: August 15, 2009, November 15, 2009, February 15, 2010, and May 15, 2010. If you would like to attend, please denote this on the Class of 2010 Commencement R.S.V.P. form. Students must be fully cleared by the Office of Graduations in order to attend. If you have already submitted your [Commencement R.S.V.P.](#) form and still wish to attend the Honor Society and Organization Recognition Ceremony, please contact studentaffairs@apus.edu.

We hope that you will be able to join us as we make the Honor Society and Organization Recognition Ceremony a tradition at APUS. For a [list of frequently asked questions regarding the ceremony](#), please visit the Commencement Web site or contact the Office of Student Affairs at studentaffairs@apus.edu.

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Getting Involved: Student Organizations are Looking for You!

If you are looking for a social, professional, political, or cultural connection to other APUS students, then the Student Affairs Department may have just what you are looking for! APUS offers various academic and interest-based student organizations designed to help propel your interests, goals, aspirations, and ambitions.

For a full listing of all APUS recognized student organizations, you can visit the [Student Affairs Center](#). Don't see what you are looking for? Consider taking the steps to establish an organization at APUS by contacting studentaffairs@apus.edu.

To honor graduating members of our recognized organizations, we will hold the inaugural Honor Society and Organization Recognition Ceremony on Thursday, May 20, 2010 at the Sheraton National Hotel in Arlington, Virginia. This event will provide an opportunity to acknowledge all graduating members of each APUS recognized honor society and student organization.

Check out what some of our organizations are up to:

Golden Key International Honour Society

The APUS Golden Key chapter inducted its largest class ever this fall; over 1,200 new members. Additionally, the chapter established officer roles and they are currently working on receiving "Gold" status, the highest level awarded by Golden Key's headquarters. The chapter is planning a community service project in May at the Walter Reed Medical Center in Washington D.C.!

Sigma Iota Rho (International Relations Honor Society)

Chartered in June 2009, Sigma Iota Rho's Gamma Omega chapter was established to promote and reward scholarships and service among students of international relations, international affairs, and global studies programs. The newly chartered chapter inducted 50 founding members in 2009!

International Association of Emergency Managers

The APUS IAEM chapter was recognized at the National IAEM Conference as the "2009 IAEM Student Chapter of the Year." In December, the chapter hosted their first Masters of Disaster (MOD) monthly Guest Speaker Series. Speakers have thus far included the likes of FEMA Administrator Craig Fugate, Professor Emeritus Joe Scanlon, and Professor Emeritus Thomas Drabek.

Society for Human Resource Management (SHRM)

In January, the SHRM chapter received provisional status from APUS and is currently working to obtain national recognition. The chapter recently selected chapter officers in January to lead the chapter through 2010.

Student Veterans of America (SVA)

The APUS chapter of SVA recently received confirmation of their recognition as one of 230 student chapters across the country. Currently, the chapter is developing ways to serve as an advocate for student veterans on the local, state, and national levels.

Alpha Phi Sigma (Criminal Justice Honor Society)

The Kappa Kappa Kappa chapter of Alpha Phi Sigma recently held the officer elections for the 2010 calendar year. At the recent Alpha Phi Sigma National Conference held in February, the organization announced that students pursuing degrees in Homeland Security, Security Management, and Legal Studies would now qualify for Alpha Phi Sigma membership.

Epsilon Pi Phi (Emergency and Disaster Management, and Homeland Security Honor Society)

The Epsilon Pi Phi chapter was recently awarded provisional chapter status by the Office of Student Affairs. The chapter is currently working to achieve national recognition. Dr. Chris Reynolds and Professor Micheal Kemp will serve as faculty advisors for the chapter.

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Celebrate at the Class of 2010 Commencement Ceremony

Congratulations to the Class of 2010! The American Public University System, Office of Student and Alumni Affairs, would like to welcome graduates, families, and friends to the Class of 2010 Commencement Ceremony. The ceremony will be held at 11:00 a.m. on Friday, May 21, 2010, at the Daughters of the American Revolution (DAR) Constitution Hall, in Washington, D.C. Commencement is the culmination of years of hard work, service, and sacrifice, both personal and financial, for students and their families. It is the most significant academic event for the students and the University. The 2010 Commencement Ceremony will celebrate and recognize those who have dedicated their time to learning and academic achievement.

In addition to the Commencement Ceremony on Friday, May 21, 2010, APUS will also hold an Honor Society and Organization Recognition Ceremony, an Academic Awards Ceremony, and a Reception for the Class of 2010. These events take place at the Sheraton National Hotel on Thursday, May 20, 2010. For more information on these events, please visit the [Commencement Web site!](#)

The APUS Class of 2010 includes any student in the following conferrals: August 2009, November 2009, February 2010, and May 2010. Graduates must R.S.V.P. to attend all of the Commencement Events. Those eligible to attend will receive a formal e-mail invitation. For more information on the Class of 2010 Commencement Ceremony or any of the events listed here, please visit the Commencement Web site or contact our Commencement Officer, April Airhart at commencement@apus.edu.

The APUS Office of Student and Alumni Affairs is busy planning a beautiful and memorable Class of 2010 Commencement Ceremony. We hope that you and your family will be able to share this special occasion with us.

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“Study Tip of the Day” Twitter Feed Launched

Sign up for the OnlineLearningTips.com [exclusive Twitter feed](#) delivering one helpful study tip each day to provide you with a little extra inspiration and motivation as you tackle your courses. You can sign up directly at Twitter via our handle “tips4learning” or simply visit OnlineLearningTips.com for a link on the right side of the page. Some example tips include:

“Study in Small Sessions Rather Than Cramming”

As soon as you start learning about the material covered in the course, begin to study efficiently for the mid-term and final. Many courses also have other tests and pop quizzes, so by doing a small amount of studying every day, you’re preparing yourself for whatever your professor throws your way. Even just 15 minutes every night before you go to sleep can help you retain material. Come finals week, you’ll have a very good base of knowledge before you ever crack open a book to prepare for the exam.

“Don’t Take on Too Much Too Soon”

Although you may want to sign up for as many classes as possible, taking only one or two in the beginning is the best way to go. That way you’ll be able get a feel for how many hours you need to dedicate to your classes each week. By starting slow, you’ll learn to pace yourself without being overwhelmed as well as what other life commitments will just have to go in order for your online learning experience to be a success.

It's easier to add additional courses the next semester than it is to drop or fail out of one now. Remember, online college classes are just as challenging and time consuming as the classes at a campus university. It definitely won't be a walk in the park.

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How Online Students Can Beat Burnout

Pursuing a college degree can be quite stressful, especially when the efforts are made by distance learning. When a person becomes stressed or frustrated, it is easy to become overwhelmed and feel as if the candle is burning at both ends. Such "burnouts" can manifest by way of emotional exhaustion, indifferent responses towards others, and a reduced sense of personal accomplishment.

John D. Moore, Ph.D., professor of health sciences at APUS has written a poignant article concerning the effects of academic burnout in an effort to educate students. This article offers insight on how to identify and manage burnout, as well as ways to maintain a healthy priority balance.

To view Dr. Moore's helpful tools for beating the burnout, you can visit his [Online Learning Tips](#).

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Join the Official Alumni Facebook Group

The Office of Alumni Affairs has launched the [official AMU & APU Alumni Facebook group](#). This new Facebook group is APUS' trusted and secure alumni online community. Becoming a member of this community will enable you to maintain contact with your classmates and keep up to date about the latest university and alumni news. If you are an AMU or APU alumni join us today. (The official Facebook logo below has a link to the new group)

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Fantasy Football Storms APUS and Crowns its First Champion

Fantasy Football is a game built on brain more than brawn. Players study statistics, the draft, injury reports, and watch ESPN, a lot of ESPN All in hopes of putting together a team that will out run, out catch, and out throw their opponents. It may be a game, but it is a game that has continued to gain National Football League (NFL) interest and catapulted NFL players to a level of popularity like never before. Fantasy Football transforms a sports fan into a player instead of just a spectator. Players pick their team, set their roster, and then become a part of the game as they watch their players rack up points. The sport was relatively new six years ago but now it has invaded our homes and our school.

APUS piloted a Fantasy Football league in the fall of 2009. The league invitation was sent to active students in all the sports degree programs. Only 88 lucky students and 8 faculty members would have the opportunity to flex their fantasy sports brainpower and compete for the championship. Brian Freeland, Program Director for the Sports and Health Sciences and Sports Management programs stated, "Conducting a 96 team online draft and league was not easy as there are several ways to play fantasy football. However, the league proved to be very successful as positive comments began to pile in after the league was established." The league had 96 individual teams, 8 divisions, but only one winner would prevail.

After 17 grueling weeks, Eric Gerosa's "Bronx Bombers" took home the Inaugural APUS Fantasy Football League (FFL) trophy. It was also Eric's inaugural season playing FFL, but he had several strategies that brought home the win. He trusted his best players and relied heavily on his tight ends. Eric, who is in his first semester at APUS stated, "I never dreamed that my team would win it all, but luck just happened to fall my way."

Congratulations on your win Eric!

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Milestones

Use the image below to share your milestone with our Student and Alumni Staff! We look forward to hearing from you and sharing in these milestones with you!



Celebrating Your Milestones!

Not only do our students impact their community and the world, but they leave a mark upon the University when they become members of the APUS community. That connection makes us proud to share in their milestones, celebrate with them, laugh with them, or cry with them when needed. Read the milestones your fellow students and alumni have shared with us and we hope you'll share your life with us too! If you wish to share your milestone with us, e-mail newsletter@apus.edu or click on the Milestones image to the left and include your student ID, full name, degree received or in progress, graduation date or intended date, milestone topic, and a brief description of your milestone.

Class of 2000

Coast Guard Commander John D. Hooper (AMU M.A. in Military Studies) has been assigned as the sole United States Coast Guard liaison officer to the National Guard building. He is primarily responsible for ensuring a clear and smooth working relationship between Coast Guard and National Guard personnel around the country. He has recently started teaching Strategy and War as an Adjunct Professor with the U.S. Naval War College Fleet Seminar Program. In May 2010 he hopes to earn his Ph.D. in Military Studies with the Royal Military College of Canada.

Class of 2004

Tanya M. Queiro (AMU B.A. in Criminal Justice with Honors) received the 2009 Military Spouse of the Year award. Read the whole story in the "[In the Spotlight](#)" section.

Class of 2007

Ryan L. Scofield (AMU B.A. in Psychology with Honors) obtained a position as a Financial Associate at the Harvard Graduate School of Education.

Class of 2009

Nadya Garcia-Batiz (AMU M.A. in International Relations and Conflict Resolution with Honors) recently got engaged to Ryan A. Owens (AMU M.A. in Business Administration with Honors). The wedding is planned for April 2011.

James D. Mowrer (AMU B.A. in Political Science) was appointed to the Pentagon in the Secretary of the Army's office. Read the whole story in the "[In the Spotlight](#)" section.

Minnette L. Powell (AMU M.A. in Management with Honors) retired from the United States Air Force after serving 27 years of honorable service in the Human Resources career field.

Dave A. Schroeder (AMU B.A. in Intelligence Studies and current M.A. student in the same field) served as chair of the Web 2.0 and Social Software Group of the Federal Knowledge Management Initiative. The group generated a report with recommendations on Web 2.0 and social software use in government, which is published online and was presented at the Knowledge Management 2009 conference.

Class of 2010

Matthew W. Mehalick (AMU student M.A. Environmental Policy and Management) was recently engaged to Lindsay Nanz. The wedding is planned for October 2010.

Future graduates

Mike E. Sanders (AMU student M.A. in Sports Management) ran with his wingman for the finish line during the Air Force Half Marathon on Sept. 19, 2009. Sergeant Sanders finished the event under the 1:40:00 barrier, and only one year and eight months after beating cancer. He was promoted to Senior Master Sergeant on December 1, 2009.

Amanda J. Wilson (APU student M.A. in Sports Management) and her husband welcomed a little boy, Jay Bradley on February 8, 2010.

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In the Spotlight

AMU Alumni Wins 2009 Military Spouse of the Year Award

For her selfless efforts in support of the military community, Mrs. Tanya Queiro of Jacksonville, North Carolina is the 2009 Military Spouse of the Year. This award has been presented annually since 2008 to an individual who embodies the best characteristics of today's military spouse. One finalist was chosen from each branch of the United States military based on voting from readers and a selection committee outside of Military Spouse magazine. Tanya was chosen from more than 650 Military Spouse magazine nominees for this special recognition.

This award honors the sacrifices and selfless services of 1.1 million military spouses who provide unwavering support to our armed services today and those in the past. She has been given this honor for her commitment to our troops, her ongoing support of her husband active duty Gunnery Sergeant Jose Queiro, and her contributions to her community. To see Tanya in action, you can [watch a video spotlighting Tanya's life as a military spouse](#).

Tanya M. Queiro does not consider herself extraordinary, or a "superwoman." She spends her time doing what she considers her responsibility: raising and mentoring her children, being a supportive wife, and giving back to those that have given to her. While working, raising three children, volunteering, and dealing with the day-to-day changes of being a Marine wife, Tanya continued to pursue higher education. Her mantra: "I think that military spouses are heroic the moment they step out of bed each morning. They are just as important to the mission as that Marine is. ... If you give your Marine a peace of mind, then that Marine can better go and concentrate and do their jobs."

Before the sun rises, she feeds her three children and readies them for school, kisses her husband goodbye, and gets ready for work. She also spends 5-10 hours a week volunteering her time to help others both academically and personally. Before the sun sets, she helps her kids master their homework, cooks them dinner, and enjoys some family time before turning in. Yet Tanya does not tuck in her children and go to bed. She spends several hours doing her own homework before retiring for the evening. Today, she is working towards her Doctorate in Criminal Justice while wearing the many hats of a mother, friend, student, and proud military spouse.

Congratulations, Tanya!

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AMU Alumni Appointed to Prominent Position at the Pentagon

Jim Mowrer, AMU graduate with a Bachelor of Arts in Political Science was appointed to a position at the Pentagon, in the Secretary of the Army's Office. This position is a political appointment and Jim is responsible for assisting Secretary, John McHugh, to administer the President's policy and serve as a source of guidance for senior military leadership. The Office of the Vice President recommended him for his new position.

Mowrer, 23-year old Boone, Iowa native, earned his new position thanks to his military and professional background, serving in the 1-133 Infantry Battalion. Mowrer was deployed in October of 2005 to serve in Operation Iraqi Freedom and spent 22 months on active duty. Upon his return from Iraq in July of 2007, Mowrer was named Iowa Veterans Director for Senator Joe Biden's presidential campaign. In the 2008 general election, he joined the Obama-Biden campaign as Midwest Veterans Director.

According to Jim, his previous military experiences have not only provided insight, but will serve him as he moves forward. His nomination is the result of a combination of experience and education. Mowrer stated, "I was only able to build my resume by working and studying at AMU simultaneously. If I had either worked full time without going to school, or gone to school full time without adding vital work experience to my resume, I would not be here today. AMU offers a unique opportunity for its students to pursue their career options while attaining a higher degree. In this time of economic difficulty, only those with a combination of education and experience can move ahead of their peers."

Mowrer also studied intelligence analysis at the Military Intelligence School in Fort Huachuca, Arizona. He and his wife have a one and a half year old son, Carter and the family will move to Virginia once they purchase a home. Congratulations Jim!

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